Tinga

(A Mexican Dish)

Ingredients:

- 1 batch of chicken breast
- 1 whole onion
- 1 can of chipotle wholes
- 3 tomatoes
- Sliced lettuce
- Mexican sour cream (Oaxaquena)
- Mexican cheese (Queso Fresco)
- Salt
- Chicken Seasoning (Consome de pollo)
- Fry tortillas (tostadas)

Materials

-Knife

-Blender

- Cutting board

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CAGE FREE†
Thin-Sliced Breast Fillets
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NO GROWTH-PROMOTING ANTIBIOTICS†
100% ALL NATURAL*
NO ADDED HORMONES OR STEROIDS§
EVER!
Keep Refrigerated. May contain up to two percent retained water.
*Minimally processed, no artificial ingredients.
†Antibiotics responsibly used only when needed for the treatment or prevention of illness.
‡Used pursuant to a license with WTCF
§Federal regulations prohibit the use of hormones or steroids in chicken.
‖Not raised in cages.

La Costeña
CHIPOTLES
PEPPERS IN ADOBO SAUCE

EL MEXICANO
QUESO FRESCO
CREMOSO
CRUMBLING CHEESE
MADE WITH REAL MILK
NET WT 14 OZ (396g)
MADE WITH SEA SALT
PERISHABLE / KEEP REFRIGERATED
Nutrition Facts

EL MEXICANO
CREMA OAXAQUEÑA
Sour Cream
MADE WITH SEA SALT
MADE WITH GRADE A MILK

First start off by boiling your chicken in water
Add about a pinch of salt

In another pan, add water and let tomatoes boil for about 10-12 minutes

While waiting for chicken to boil, cut onion in half and peel off skin.

Cut onion in julienne style. Best way is doing it by the sides

This is after cutting both sides of the onion

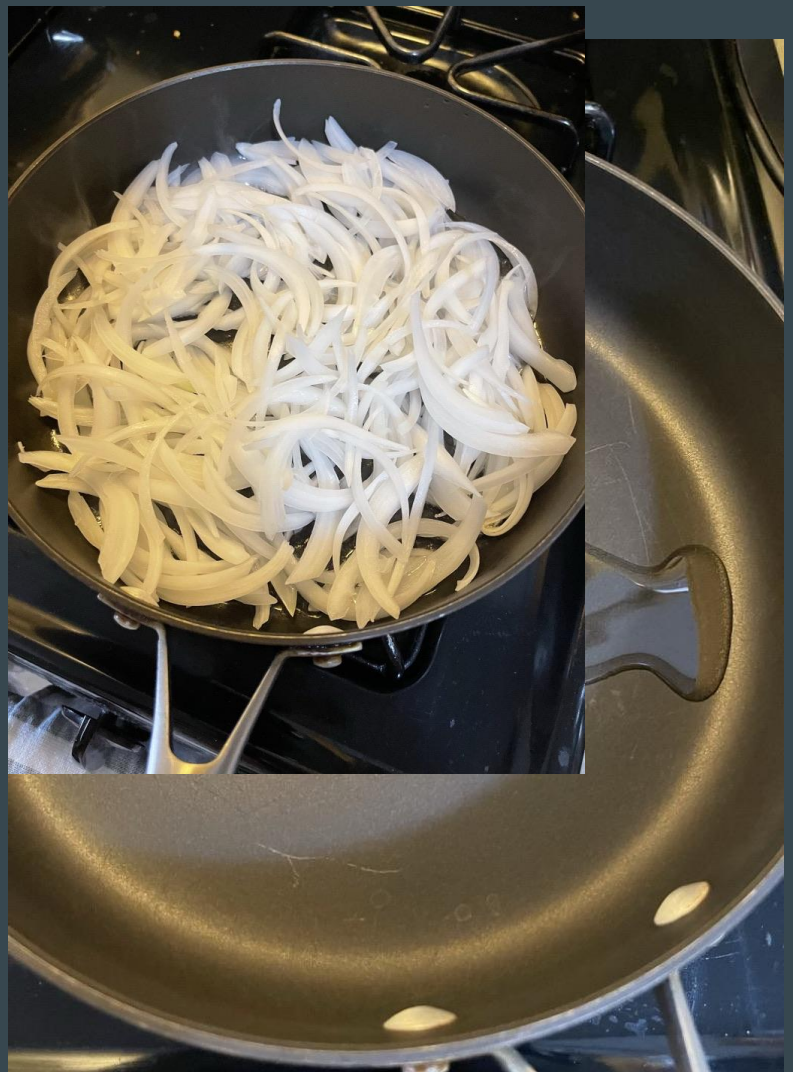
Your tomatoes should look
like this
A bit of the skin is opening
which is totally fine!

In a blender add your tomatoes, chipotles and half a cup of the chicken broth

I use the chipotle can and add the broth in there

Blend it all together and should end up saucy

In a pan, add olive oil and saute your onions



Cook until it turns golden brown and add your chicken in

Mix it together

Add your sauce

Mix together and add about a tablespoon of chicken seasoning.
(or however much of your preference!)

Now to set up, we have our hard fry tortillas

You will also need to crumble your cheese!

On your tortilla add your sour cream first

Then add your chicken

After you add your lettuce

ALMOST THERE!!!

Lastly, add your cheese and enjoy!!